

# Herstellung Einer Tomatenrose Mit Schnittlauchstiel Und Lauchblättern (unterweisung Koch / K  chin) - Daniel Wiemann

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Die Tomate birgt gesundheitsf  rdernde Substanzen - schon bei den Azteken galt sie als Heilpflanze. Sie enth  lt die Substanz Lycopin, ein Carotinoid, das nicht nur einen Schutz vor koronaren Herzerkrankungen und Arteriosklerose bieten, sondern auch bei der Krebspr  vention helfen soll. Au  erdem findet man in Tomaten viele Mineralstoffe und einen hohen Anteil an Vitamin C. Author: Wiemann, Daniel Publisher: GRIN Verlag Illustration: N Language: GER Title: Herstellung einer Tomatenrose mit Schnittlauchstiel und Lauchbl  ttern (Unterweisung Koch / K  chin) Pages: 00016 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638326209 Category: Self-Help : Personal Growth - Success

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